

# Northwest Ohio Regional Training Center Caregivers Quarterly Calendar



**2015 Winter Edition**  
**January, February, & March**

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## Ohio Child Welfare Training Program Mission Statement

The Ohio Child Welfare Training Program promotes the delivery of high quality, culturally competent, family centered services to children who have experienced or are at risk of abuse, neglect or dependency and their families. We provide competency-based training primarily to the public agency professionals, caregivers, and adoptive parents who serve them. We collaborate with other service providers to promote the delivery of competency-based training. We advocate for public policy and practice standards that reflect best child welfare practice.

### County Agencies served by the Northwest Ohio Regional Training Center

Defiance/Paulding DJFS: Director – Corey Walker	419-782-3881	Paulding/Defiance DJFS: Director - Corey Walker	419-399-3756
Erie DJFS: Director - Karen Balconi Ghezzi, Esq.	419-626-6781	Putnam DJFS: Director - Mr. Kim T. Diamond	419-523-4580
Fulton DJFS: Director - Amy Metz-Simon	419-537-0010	Sandusky DJFS: Director - Cindy Bilby	419-334-3891
Hancock DJFS: Director – Diana Hoover	419-424-7022	Seneca DJFS: Director - Kathy Oliver	419-447-5011
Henry DJFS: Director – Shannon Jones	419-592-4210	Van Wert DJFS: Director – Sandra Honigford	419-238-5430
Huron DJFS: Director - Jill Eversole Nolan	419-668-8126	Williams DJFS: Director - Pamela A. Johnson	419-636-6725
Lucas Co. (LCCS): Director - Dean Sparks	419-213-3200	Wood DJFS: Director - David Wigent	419-352-7566
Ottawa DJFS: Director - Stephanie Kowal	419-898-3688	Wyandot DJFS: Director – Jason A. Fagon	419-294-4977

### Northwest Ohio Regional Center Training Staff

Nadine Musser – Manager – [Nadine.Musser@co.lucas.oh.us](mailto:Nadine.Musser@co.lucas.oh.us)  
Rebecca Battles – Regional Caregiver Training Coordinator – [Rebecca.Battles@co.lucas.oh.us](mailto:Rebecca.Battles@co.lucas.oh.us)  
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Miriam Lewis – Regional Training Clerk – [Miriam.Lewis@co.lucas.oh.us](mailto:Miriam.Lewis@co.lucas.oh.us)  
Naomi Venia – Regional Training Clerk – [Naomi.Venia@co.lucas.oh.us](mailto:Naomi.Venia@co.lucas.oh.us)



# HOW TO REGISTER



If you are a **Foster Care Provider** licensed through any Northwest Ohio County agency, you are now able to register yourself for training sessions online through **E-TRACK**.



If you are **NOT** a **LCCS foster care provider**, please call **419-213-3578** to reserve a seat on a space available basis for **Foster/Adoption** ongoing training.



If you are a **LCCS day care provider**, please call Regina Beauregard.



**NO NEED** to register for any of the Lucas County Foster Parent Association Meetings.

# HOW TO GET CREDIT



You **MUST attend ALL parts of a training session** in order to receive a certificate of credit for that training. This includes sessions that extend beyond one day.

**Note!**

It is the policy of the Ohio Child Welfare Training Program that **no training certificate** will be issued to any individual who has missed more than **15 minutes** of classroom training. All time spent outside the classroom counts toward this **15 minute rule** and partial credit cannot be given.



**Please allow ample travel time, turn off cell phones and pagers, or put them on silent mode and return calls during break.**



Also, please keep in mind that there is only a **five-minute** window for **CPR** and **First Aid** classes due to size and content considerations.



Child care is **not** provided during training and children/dependents are **not** allowed to attend caregiver classes or wait in the training center while classes are in session.



If a training session is canceled e-track users will receive notice via email. Cancellation notice will also be posted on the **information** update phone line at: **419-213-3575**



Unless otherwise noted, classes will be held in the Lucas County Conference and Learning Center (CLC) located on the corner of Adams and Ontario Streets adjacent to Lucas County Children Services.



**Parking Tickets** will be validated for caregivers who attend training if they park in the attached parking garage.

**Please DO NOT leave any messages on the information update phone line.**

*The Northwest Ohio Regional Training Center*

Address: 711 Adams Street, Toledo, OH 43604

Website: [www.ocwtp.net](http://www.ocwtp.net)

For additional questions or concerns: 419-213-3505

# ***Foster Care Training Competencies***

## ***Specialized Competencies***

- 940:** Specialized Parenting Strategies
- 941:** Building Self-Reliance, Resilience, & Independence
- 942:** Pregnant or Parenting Teens
- 943:** Maltreated Children & Teens
- 944:** Sexually Abused Children
- 945:** Family Safety
- 946:** Medically Fragile Conditions
- 947:** Placement Transitions
- 948:** Post-Adopt Family Stability
- 949:** Children's Connections
- 950:** Legal and Ethical Issues
- 951:** Coaching and Mentoring Primary Families
- 952:** Preventing Placement Disruptions



## ***Related Competencies***

- 980:** Caregiver –Written and Verbal Communication
- 981:** Caregiver –Culture and Diversity
- 983:** Caregiver –Developmental Disorders
- 984:** Caregiver –Community Violence, Gangs, and Culture
- 985:** Caregiver –Human Sexuality
- 987:** Caregiver –Impact of Caregiving
- 988:** Caregiver –Substance Abuse
- 989:** Caregiver –Self-Care
- 990:** Caregiver –Health
- 991:** Caregiver –Trauma
- 993:** Caregiver –Domestic and Family Violence
- 994:** Caregiver –Children's Educational Needs
- 995:** Caregiver –Mental Health Issues



**Pre-service: 901 - 909**

**Fundamentals: 922 - 929**

# Winter Workshop Offerings at a Glance



## **First Aid** (990-35)

January 15, 2015 from 6:00 pm – 9:00 pm (Byczynski)

January 28, 2015 from 10:00 am – 1:00 pm (Byczynski)

February 26, 2015 from 6:00 pm – 9:00 pm (Byczynski)

February 28, 2015 from 9:00 am – 12:00 pm (Byczynski)

March 10, 2015 from 6:00 pm – 9:00 pm (White)

March 18, 2015 from 10:00 am – 1:00 pm (Byczynski)



## **CPR** (990-36)

January 20, 2015 from 5:30 pm – 8:30 pm (White)

January 21, 2015 from 10:00 am – 1:00 pm (Byczynski)

February 10, 2015 from 5:30 pm – 8:30 pm (White)

February 14, 2015 from 10:00 am – 1:00 pm (White)

March 4, 2015 from 5:30 pm – 8:30 pm (White)

March 5, 2015 from 10:00 am – 1:00 pm (Byczynski)

## **Medical**

January 8, 2015 - Understanding Mental Health Disorders (995-92) **NEW!!!**

January 13, 2015 - Use of Psychotropic Medications (990-34) **NEW!!!**

February 26, 2015 - Pediatric Medication Administration (990-29)

March 31, 2015 - Demystifying Diabetes: Focus on Caregiver Skills and (946-6) **NEW!!!**

## **Violence**

February 18, 2015 - Helping Kids Develop a Conscience (202-4) **Joint training**

February 19, 2015 - Extreme Danger Zone (321-3) **Joint training**

## **Trauma**

February 20, 2015 - Trauma Lab (202-19) **Joint training NEW!!!**

February 21, 2015 - The Good Stuff-Building Self-Esteem in Kids At-Risk (941-30) **NEW!!!**

March 4, 2015 - Caring for Children... Trauma 101 (991-2-NOS) **NEW!!!**

March 10, 2015 - Caring for Children...Understanding Trauma's Effects... (991-3-NOS) **NEW!!!**

March 21, 2015 - Removed: Strategies for Hope and Healing for Youth... (991-29) **NEW!!!**

## **Adolescents**

January 29, 2015: Teens and Sexual Development (923-68) **NEW!!!**

March 7, 2015: Adolescents in Foster Care and Emotional Resiliency (202-6) **NEW!**

March 7, 2015: Real Life 101: Preparing Adolescents for Independent Living (941-20) **NEW!!!**

## **Parenting**

March 7, 2015: Essential Parenting - Understanding and Managing Behavior... (925-59)

March 14, 2015: Caregiver's Voice: Being a Valuable Part... (922-FF13-S2) **NEW!!!**

# On Going Trainings: Lucas County



## January 2015






Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 New Years Day	2	3
4	5 Kinship Orientation 6pm-8pm LCCS Shannon Keefer  LCCS FPA Training 6pm-8pm Meeting 8pm-9pm	6	7	8 NEW! Understanding Mental Health Disorders in Children & Adolescents 6pm-9pm 995-92 Carilyn White	9	10
11	12	13 Kinship Orientation 10am-12pm LCCS Shannon Keefer  NEW! Use of Psychotropic Meds in Children with Mental Health Diagnoses 6pm-9pm 990-34 Carilyn White	14	15 First Aid 6pm-9pm 990-35 Robin Byczynski	16	17
18	19 MLK Day	20 CPR 5:30pm-8:30pm 990-36 Carilyn White	21 CPR 10am-1pm 990-36 Robin Byczynski	22	23	24 Kinship Orientation 10am-12pm LCCS Shannon Keefer
25	26	27	28 First Aid 10am-1pm 990-35 Robin Byczynski	29 Teens & Sexual Development 6pm-9pm 923-68 Carilyn White NEW!	30	31



# February 2015



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	<p>Kinship Orientation 6pm-8pm LCCS Shannon Keefer</p> <p>LCCS FPA Training 6pm-8pm Meeting 8pm-9pm</p> 					
8		<p>Kinship Orientation 10am-12pm LCCS Shannon Keefer</p> <p>CPR 5:30pm-8:30pm 990-36 Carilyn White</p>				<p>CPR 10am-1pm 990-36 Carilyn White</p> 
15			<p>↔ joint with staff ↔</p> <p>Helping Kids Develop a Conscience 9am-4pm 202-4 Jim Still-Pepper</p>	<p>↔ joint with staff ↔</p> <p>Extreme Danger Zone 9am-4pm 321-3 Jim Still-Pepper</p>	<p>↔ joint with staff ↔</p> <p>Trauma Lab for Caregivers &amp; Staff 9am-4pm 925-133 Jim Still-Pepper</p>	<p><b>The Good Stuff...</b> 9am-4pm 941-30 Jim Still-Pepper</p> <p><b>NEW!</b></p> <p>Kinship Orientation 10am-12pm LCCS Shannon Keefer</p>
22		<p>NCI Refresher 9am-12pm 926-40 Tony Williams</p>		<p>First Aid 6pm-9pm 990-35 Robin Byczynski</p> <p>Pediatric Medication... 6pm-9pm 990-29 Ronna Johnson</p>		<p>First Aid 9am-12pm 990-35 Robin Byczynski</p>



# March 2015



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	<p>Kinship Orientation 6pm-8pm LCCS Shannon Keefer</p> <p>LCCS FPA Training 6pm-8pm</p> <p>Meeting 8pm-9pm</p>		<p>CPR 5:30pm-8:30pm 990-36 Carilyn White</p> <p>NCTSN: Trauma 101 6pm-9pm 991-2-NOS Jim Marlow</p>	<p>CPR 10am-1pm 990-36 Robin Byczynski</p>		<p>Essential Parenting 9am-4pm 925-59 Gene Smiley</p> <p>Adolescents... Emotional Resiliency 9am-12pm 202-6</p> <p>Real Life 101... 1pm-4pm 941-20 Lisa Dickson</p>
8		<p>Kinship Orientation 10am-12pm LCCS Shannon Keefer</p> <p>First Aid 6pm-9pm 990-35 Carilyn White</p> <p>NCTSN... Trauma Effects... 6pm-9pm 991-3-NOS Jim Marlow</p>				<p>The Caregivers Voice... 9am-4pm 922-FF13-S2 Gene Smiley</p>
15			<p>First Aid 10am-1pm 990-35 Robin Byczynski</p>			<p>Removed: Strategies for Hope... 9am-4pm 991-29 John Ward</p> <p>Kinship Orientation 10am-12pm LCCS Shannon Keefer</p>
22			<p>How to Handle Difficult Beh... part 1 of 2 6pm-9pm 925-5 part 2 of 2 George Thompson</p> <p>Child Abuse Refresher part 1 of 2 6pm-9pm 903-1 part 2 of 2 Carilyn White</p>		<p>joint with staff Bldg. Rel. Between Caseworkers &amp; Caregivers 901-84 9am-12pm or 1pm-4pm Dave Zidar</p>	
29		<p>joint with staff Moves Hurt Kids 9am-4pm 303-13 Ronna Johnson</p> <p>DeMystifying Diabetes... 6pm-9pm 946-6 Ronna Johnson</p>				

**E-track reminders**  
*You can quickly find the session you would like to register for by using the ITNA code  
 ~ for more information, see page 11 ~*



# January Course Descriptions

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## Understanding Mental Health Disorders in Children and Adolescents

ITNA Code: **995-92**

*Carilyn White*

(3 Credit Hours)

DATE: **Thursday, January 8, 2015**

TIME: **6:00 pm - 9:00 pm**

CONTENT: This workshop is designed to increase the participant's knowledge regarding the common mental health disorders seen in children and adolescents. The causes of childhood mental health disorders and symptoms for each disorder will be reviewed, and an overview of mental health interventions will be provided. The workshop will provide participants with methods for advocating and caring for children and adolescents with a mental health disorder.

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## Use of Psychotropic Medications in Children with Mental Health Diagnoses

ITNA Code: **990-34**

*Carilyn White*

(3 Credit Hours)

DATE: **Tuesday, January 13, 2015**

TIME: **6:00 pm - 9:00 pm**

CONTENT: Psychotropic medications are used to treat mental health disorders. Caregivers who give psychotropic medications to children and adolescents should be familiar with both the medication and its side effects. This workshop will provide an overview of the psychotropic medications used to treat mental health disorders in children and adolescents. The side effects, risk factors, and safety factors associated with psychotropic medications will be reviewed. In addition, the workshop will cover the importance of giving psychotropic medications as prescribed, follow-up care, and collaboration with the health care provider.

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## AHA First Aid

(3 Credit Hours)

ITNA Code: **990-35**

DATE: **Thursday, January 15, 2015**

*Robin Byczynski*

TIME: **6:00 pm - 9:00 pm**

DATE: **Wednesday, January 28, 2015**

*Robin Byczynski*

TIME: **10:00 am - 1:00 pm**

CONTENT: This workshop provides American Heart Association certified training so caregivers responding to typical in-home crises and accidents can learn to assess various injuries and determine the appropriate response.

*Class will be closed to anyone arriving more than (5) minutes late.*

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## Adult, Child and Infant CPR with AED

(3 Credit Hours)

ITNA Code: **990-36**

DATE: **Tuesday, January 20, 2015**

*Carilyn White*

TIME: **5:30 pm - 8:30 pm**

DATE: **Wednesday, January 21, 2015**

*Robin Byczynski*

TIME: **10:00 am - 1:00 pm**

CONTENT: This workshop will provide American Heart Association certified training on rescue breathing, care for conscious/unconscious victims with obstructed airways, and CPR for adults, children and infants.

*Class will be closed to anyone arriving more than (5) minutes late.*

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## Teens and Sexual Development

ITNA Code: **923-68**

*Carilyn White*

(3 Credit Hours)

DATE: **Thursday, January 29, 2015**

TIME: **6:00 pm - 9:00 pm**

CONTENT: Sexual development occurs throughout the entire life cycle. Sexual development involves the biological and psychosocial changes which occur throughout the life cycle and lead to sexual maturity. Sexual education involves issues related to human sexual anatomy, sexual reproduction, and human sexuality. However, research shows parents/caregivers are reluctant to discuss sexual development or sex education with their children. The purpose of this workshop is to provide parents/caregivers with the necessary skills to feel comfortable discussing sexual development and sex education.

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## First Aid/CPR reminders

*Please keep in mind that there is only a five-minute window for CPR and First Aid classes due to size and content considerations*



# February Course Descriptions

## Adult, Child and Infant CPR with AED

(3 Credit Hours)

ITNA Code: **990-36**

DATE: **Tuesday, February 10, 2015** Carilyn White

TIME: **5:30 pm - 8:30 pm**

DATE: **Saturday, February 14, 2015** Carilyn White

TIME: **10:00 am - 1:00 pm**

CONTENT: This workshop will provide American Heart Association certified training on rescue breathing, care for conscious/unconscious victims with obstructed airways, and CPR for adults, children and infants.

*Class will be closed to anyone arriving more than (5) minutes late.*

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## Helping Kids Develop a Conscience

ITNA Code: **202-4**

Jim Still-Pepper

↪ *Joint Training with Staff* ↪

(6 Credit Hours)

DATE: **Wednesday, February 18, 2015**

TIME: **9:00 am - 4:00 pm**

CONTENT: Violence without remorse; cruelty without regard. Children without a conscience scar and scare us. This workshop explores the world of conscience by taking an in-depth look into common diagnoses of kids without a conscience. Participants will learn how to develop effective strategies for teaching conscience to their youth and helping biological, foster, or adoptive parents teach it to their children.

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## Extreme Danger Zone

ITNA Code: **321-3**

Jim Still-Pepper

↪ *Joint Training with Staff* ↪

(6 Credit Hours)

DATE: **Thursday, February 19, 2015**

TIME: **9:00 am - 4:00 pm**

CONTENT: This learning offers insight and advice on how to handle dangerous behavior. We will cover suicide, fire-setting, homicide, and self-injury. (Other danger areas will be available for discussion upon request).

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## Trauma Lab for Caregivers and Staff

ITNA Code: **925-133**

Jim Still-Pepper

↪ *Joint Training with Staff* ↪

(6 Credit Hours)

DATE: **Friday, February 20, 2015**

TIME: **9:00 am - 4:00 pm**

CONTENT: This learning lab will give hands-on approaches caregivers and staff can use to help the youth they care for work through trauma issues.

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## The Good Stuff! Building Self-Esteem in Kids at Risk

ITNA Code: **941-30**

Jim Still-Pepper

(6 Credit Hours)

DATE: **Saturday, February 21, 2015**

TIME: **9:00 am - 4:00 pm**

CONTENT: Abuse, neglect, placement, and other related issues take their toll on the self-esteem of kids. This workshop explores how caseworkers can develop and enhance the self-esteem of the children with whom they work. Participants will walk away feeling stronger about their ability to meet the needs of their children.

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## Nonviolent Crisis Intervention (NCI) Refresher

ITNA Code: **926-40**

Tony Williams

(3 Credit Hours)

DATE: **Tuesday, February 24, 2015**

TIME: **9:00 am - 12:00 pm**

CONTENT: This workshop provides recertification training for TREATMENT foster parents who previously completed the original NCI (a.k.a. CPI) course. Caregivers will review how to handle crisis situations and prevent them from erupting into violence.

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## AHA First Aid

(3 Credit Hours)

ITNA Code: **990-35**

DATE: **Thursday, February 26, 2015** Robin Byczynski

TIME: **6:00 pm - 9:00 pm**

DATE: **Saturday, February 28, 2015** Robin Byczynski

TIME: **9:00 am - 12:00 pm**

CONTENT: This workshop provides American Heart Association certified training so caregivers responding to typical in-home crises and accidents can learn to assess various injuries and determine the appropriate response.

*Class will be closed to anyone arriving more than (5) minutes late.*



## E-track reminders

*If you forget your log-in ID or your password, rather than request a new password simply click on “Log-in and password assistance” and follow the instructions*

## **Pediatric Medication Administration: Promoting Safety and Effectiveness**

*Ronna Johnson*

ITNA Code: **990-29**

(3 Credit Hours)

DATE: **Thursday, February 26, 2015**

TIME: **6:00 pm - 9:00 pm**

CONTENT: There has been a dramatic rise in the number of children who require daily medications. This reality mandates that caregivers are knowledgeable of medication administration techniques and precautions. Children and adolescents are at greater risk than adults for medication errors. The purpose of this course is to increase the caregiver's knowledge regarding common classes of medications prescribed, consideration for over-the-counter medication use in children, techniques and guidelines for giving children medications, and the importance of caregiver advocacy surrounding children's health care needs.

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# **March Course Descriptions**

## **Adult, Child and Infant CPR with AED**

(3 Credit Hours)

ITNA Code: **990-36**

DATE: **Wednesday, March 4, 2015** *Carilyn White*

TIME: **5:30 pm - 8:30 pm**

DATE: **Thursday, March 5, 2015** *Robin Byczynski*

TIME: **10:00 am - 1:00 pm**

CONTENT: This workshop will provide American Heart Association certified training on rescue breathing, care for conscious/unconscious victims with obstructed airways, and CPR for adults, children and infants.

*Class will be closed to anyone arriving more than (5) minutes late.*

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## **NCTSN's Caring for Children who have Experienced Trauma: Trauma 101**

ITNA Code: **991-2-NOS**

*Jim Marlow*

(3 Credit Hours)

DATE: **Wednesday, March 4, 2015**

TIME: **6:00 pm - 9:00 pm**

CONTENT: This workshop introduces the concept of trauma as an underlying factor in some foster children's problems. It provides an overview of the essential elements of trauma-informed parenting and real world examples of trauma in children. Caregivers are introduced to factors that influence a child's response to traumatic experiences as well as the concept of resilience. This workshop is the first in a series of four workshops developed by the National Child Traumatic Stress Network.

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## **Essential Parenting: Understanding and Managing Behavior in Children**

ITNA Code: **925-59**

*Gene Smiley*

(6 Credit Hours)

DATE: **Saturday, March 7, 2015**

TIME: **9:00 am - 4:00 pm**

CONTENT: This training will provide an overview of the four most commonly diagnosed mental health disorders for children who have experienced abuse or neglect - Reactive Attachment Disorder, Attention Deficit/Hyperactivity Disorder, Oppositional Defiant Disorder, and Post Traumatic Stress Disorder. Parents will learn some simple interventions they can use to help these children.

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## **Adolescents in Foster Care and Emotional Resiliency**

ITNA Code: **202-6**

*Lisa Dickson*

(3 Credit Hours)

DATE: **Saturday, March 7, 2015**

TIME: **9:00 am - 12:00 pm**

CONTENT: Regardless of where young people are placed in the child welfare system, they need to develop boundaries, emotional health, and the skills to build lifelong relationships. These are specific tools that can help young people overcome the trauma of their pasts and navigate adult relationships. This workshop incorporates insights of foster care alumni throughout the nation to equip professionals who facilitate the emotional development of youth in care. National research on foster care alumni and Post-Traumatic Stress Disorder (PTSD) will be shared. Participants will leave with concrete tools to support adolescents in foster care with the development of personal boundaries and the skills to build trusting, restorative relationships.

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## ***E-track reminders***

***To find our CPR and First Aid classes use the codes rather than the titles...  
The ITNA code for "First Aid" is "990-35" The ITNA code for "CPR" is "990-36"***

## Real Life 101: Preparing Adolescents in Foster Care for Independent Living

ITNA Code **941-20**

*Lisa Dickson*

(3 Credit Hours)

DATE: **Saturday, March 7, 2015**

TIME: **1:00 am - 4:00 pm**

CONTENT: This workshop explores the risk factors, resources, and national best practices related to young people who are "aging out" of care. Hands-on activities include the creation of a personal mission statement and a life management plan, as well as *The Bridge to the Future* and *The Ladder to Success*. The workshop concludes with a board game, *Real Life 101*, which illustrates various paths that young people can take to map out a successful adulthood.

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## AHA First Aid

(3 Credit Hours)

ITNA Code: **990-35**

DATE: **Tuesday, March 10, 2015**

*Carilyn White*

TIME: **6:00 pm - 9:00 pm**

DATE: **Wednesday, March 18, 2015**

*Robin Byczynski*

TIME: **10:00 am - 1:00 pm**

CONTENT: This workshop provides American Heart Association certified training so caregivers responding to typical in-home crises and accidents can learn to assess various injuries and determine the appropriate response.

*Class will be closed to anyone arriving more than (5) minutes late.*

---

## NCTSN's Caring for Children who have Experienced Trauma: Understanding Trauma's Effects and Building a Safe Place

ITNA Code: **991-3-NOS**

*Jim Marlow*

(3 Credit Hours)

DATE: **Tuesday, March 10, 2015**

TIME: **6:00 pm - 9:00 pm**

CONTENT: This workshop will help caregivers understand how trauma can interfere with children's development and functioning, and how children of different ages may respond to trauma. Caregivers will be introduced to the concept of the "invisible suitcase" and how trauma-informed parenting can "repack" the suitcase. They will gain an understanding of the difference between physical and psychological safety and be introduced to the key component of a safety message. Caregivers will practice delivering an effective safety message and learn techniques to help children cope with trauma reminders. This workshop is the second in a series of four workshops developed by the National Child Traumatic Stress Network.

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## The Caregivers Voice: Being a Valuable Part of an Effective Child Welfare Team

ITNA Code: **922-FF13-S2**

*Gene Smiley*

(6 Credit Hours)

DATE: **Saturday, March 14, 2015**

TIME: **9:00 am - 4:00 pm**

CONTENT: This workshop will explore the roles and responsibilities of all members of the child welfare team, particularly focusing on primary team members: the foster caregiver, the caseworker, and the birth parent. Both caregivers and caseworkers are encouraged to attend this workshop to learn strategies for working together more effectively. The training will enhance communication and collaboration skills of caregivers in working with the licensing agency, the birth parents, schools, courts, and other service providers.

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## Removed: Strategies for Hope and Healing for Youth in Care

ITNA Code: **991-29**

*John Ward*

(6 Credit Hours)

DATE: **Saturday, March 21, 2015**

TIME: **9:00 am - 4:00 pm**

CONTENT: Participants will learn practical ways to bring hope and healing to children through real-life case examples and shared experiences. Discussion around the culture of trauma, attachment, grief and loss, nurturing techniques, sibling connection, and ways to help children feel safe will also be addressed.

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## How to Handle Difficult Behaviors (Without Breaking a Rule)

ITNA Code: **925-5**

*George Thompson*

(6 Credit Hours)

DATE: **Wednesday, March 25, 2015**

⇌ Part 1 of 2 ⇌

TIME: **6:00 pm - 9:00 pm**

DATE: **Thursday, March 26, 2015**

⇌ Part 2 of 2 ⇌

TIME: **6:00 pm - 9:00 pm**

CONTENT: The goal of this workshop is to review some of the rules that prohibit substitute caregivers from the use of various types of punishment for children in care. The training will also serve as a refresher of how children feel after separation from their primary family. Strategies that are appropriate will be discussed in addition to learning from each other what has worked in the past without breaking a rule.

*Participants must attend both days to receive credit.*

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## E-track reminders

*You can access e-track via this website:*

<https://e-track.teds.com/EveryOne/TEDSEveryOne.jsp>





## Child Abuse Refresher

Carilyn White

DATE: **Wednesday, March 25, 2015** ⇨ Part 1 of 2 ⇨

DATE: **Thursday, March 26, 2015** ⇨ Part 2 of 2 ⇨

CONTENT: The goal of this workshop is to help participants become familiar with the indicators of child abuse and neglect so they can keep the children in their care safe. This workshop will help caregivers implement preventative techniques and develop strategies to aid them in caring for children who have been abused or neglected.

ITNA Code: **903-1**

(6 Credit Hours)

TIME: **6:00 pm - 9:00 pm**

TIME: **6:00 pm - 9:00 pm**

*Participants must attend both days to receive credit.*

## Building Relationships Between Caseworkers and Foster Caregivers

Dave Zidar

↪ **Joint Training with Staff** ↪

DATE: **Friday, March 27, 2014** ⇨ same class – different time slot ⇨

DATE: **Friday, March 27, 2014** ⇨ same class – different time slot ⇨

CONTENT: This joint, three-hour training for caseworkers and foster caregivers is designed to help each group "step into the shoes" of the other. Participants will examine the perceptions of roles and responsibilities for each group and how these responsibilities can erect barriers to collaboration; discuss strategies to increase communication and break down the barriers; and develop an understanding and respect for the responsibilities and challenges of each group.

ITNA Code: **201-84**

(3 Credit Hours)

TIME: **9:00 am - 12:00 pm**

TIME: **1:00 pm - 4:00 pm**

## Moves Hurt Kids: Supporting Child Development by Promoting Placement Stability

Ronna Johnson

↪ **Joint Training with Staff** ↪

DATE: **Tuesday, March 31, 2015**

ITNA Code: **303-13**

(6 Credit Hours)

TIME: **9:00 am - 4:00 pm**

CONTENT: This workshop will explore; the 10 guiding principles of child development, the factors that increase the risk of placement instability, potential developmental repercussions of multiple placements, and strategies that support child development by promoting placement stability. Both caregivers and caseworkers are encouraged to attend this workshop to learn strategies for working together effectively to support child development through promoting placement stability.

## Demystifying Diabetes: Focus on Caregiving Skills and Knowledge

Ronna Johnson

DATE: **Tuesday, March 31, 2015**

ITNA Code: **946-6**

(3 Credit Hours)

TIME: **6:00 pm - 9:00 pm**

CONTENT: This workshop will provide caregivers with essential introductory skills and knowledge related to care needs for children with diabetes. The focus will be on gaining understanding regarding the diagnoses of both type 1 and type 2 diabetes as well as the key components of diabetes management, including diet, monitoring blood sugar, insulin administration, and managing sick days. Considerations for medical advocacy will also be addressed.

## E-track reminders

*The quickest way to find and register for a learning session in e-track is to search for that learning session by the **ITNA CODE** listed both on the calendar and in the course description pages. You can do this from the **DASHBOARD** page by simply clicking the ☉ **code** button, typing in the **ITNA CODE** number and clicking on the **find it** button.*



*Other helpful tips for using e-track can be found at this website:  
<http://ocwtp.net/PDFs/E-Track/Quick-Start Guide for Everyone.pdf>*

*If you have questions or need assistance, please feel free to call:*

**Miriam Lewis - 419-213-3505**

# LCCS Foster Parent Training Pre-Service Orientation Schedule

If you wish to register for  
training to become a Foster or  
Adoptive Care Provider

Please call:

**Celine Woods**  
**419-213-3336**

## Round 1 - Sessions *Tuesday & Thursday evenings*

<b>January 6</b>	<b>PS-1</b>	6pm-9pm
<b>January 8</b>	<b>PS-2</b>	6pm-9pm
<b>January 13</b>	<b>PS-3</b>	6pm-9pm
<b>January 15</b>	<b>PS-4</b>	6pm-9pm
<b>January 20</b>	<b>PS-5</b>	6pm-9pm
<b>January 22</b>	<b>PS-6</b>	6pm-9pm
<b>January 27</b>	<b>PS-7</b>	6pm-9pm
<b>January 29</b>	<b>PS-8</b>	6pm-9pm
<b>February 3</b>	<b>PS-9</b>	6pm-9pm
<b>February 5</b>	<b>PS-10</b>	6pm-9pm
<b>February 10</b>	<b>PS-11</b>	6pm-9pm
<b>February 12</b>	<b>PS-12</b>	6pm-9pm

## Session Titles

Session 1	Introduction
Session 2	Teambuilding
Session 3	Abuse and Neglect: Child Development
Session 4	Attachment and Separation
Session 5	Discipline
Session 6	Crisis Management
Session 7	Cultural Issues
Session 8	Working with Primary Families
Session 9	Effects of Sexual Abuse
Session 10	Effects of Caregiving on the Family
Session 11	Permanency Issues for Children
Session 12	Permanency Issues for Families

## Round 2 - Sessions *Saturdays*

<b>February 14</b>	<b>PS-1</b>	9am-12pm	<b>PS-2</b>	1pm-4pm
<b>February 21</b>	<b>PS-3</b>	9am-12pm	<b>PS-4</b>	1pm-4pm
<b>February 28</b>	<b>PS-5</b>	9am-12pm	<b>PS-6</b>	1pm-4pm
<b>March 7</b>	<b>PS-7</b>	9am-12pm	<b>PS-8</b>	1pm-4pm
<b>March 14</b>	<b>PS-9</b>	9am-12pm	<b>PS-10</b>	1pm-4pm
<b>March 21</b>	<b>PS-11</b>	9am-12pm	<b>PS-12</b>	1pm-4pm

# Other NWO Counties

J a n u a r y	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2	3 <i>ERIE</i> The Self-Injurious Child... 9am-12pm 995-37 Before First Breath... 1pm-4pm 983-22 Gene Smiley
	4	5	6	7	8	9	10 <i>WYANDOT</i> Media Violence & Child Delinquency 9am-4pm 925-126 Anthony President
	11	12	13	14	15	16	17
	18	19	20	21	22	23	24
	25	26	27	28	29	30	31 <i>HURON</i> Healthy Sexual Development of Children & Teens 9am-4pm 923-FF5-S Gene Smiley

F e b r u a r y	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6	7 <i>HURON</i> Parenting with Love & Logic 9am-12pm 925-125 Tips & Tricks for...Adulthood 1pm-4pm 941-15 John Ward
	8	9	10 <i>ERIE</i> Texting, Sexting & the World of Internet 5pm-8pm 945-15 John Ward	11	12	13	14
	14	16	17	18	19	20	21
	22	23	24	25	26	27	28

M a r c h	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6	7 <i>WYANDOT</i> Living with a RAD Child 9am-4pm 924-18 John Ward
	8	9	10	11	12	13	14
	15	16	17 <i>HURON</i> ...Buried Beyond Belief 9am-4pm 995-77 Brian Bethel	18	19	20	21
	22	23	24	25	26	27	28
	29	30	31				

# January Course Descriptions

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## **The Self-Injurious Child: A Look at Mutilation, Embedding and other Harmful Behaviors**

ITNA Code: **995-37**

*Eugene Smiley*

**ERIE COUNTY HEALTH DEPARTMENT**

(3 Credit Hours)

DATE: **Saturday, January 3, 2015**

TIME: **9:00 am - 12:00 pm**

CONTENT: This workshop takes a closer look at a growing phenomenon recently called "the new age anorexia" – intentional self-injury: the act of deliberately harming one's body, such as cutting or burning oneself (Mayo Clinic). This workshop will explore reasons why children would want to intentionally hurt themselves. Participants will become more aware of the forms or expressions of self-injury, and learn how to recognize the signs, symptoms, and indicators that a child in their care may be self-injurious. Participants will know what to do if confronted by this issue in their home setting. Self-help techniques that can be practiced in the home will be presented, as well as information relative to what professional help and treatment modalities are available and effective in dealing with this serious and fearful problem.

*REGISTER ON E-TRACK or call Tina Krueger at 419-626-6781 ext. 6305 ~ 420 Superior St., Sandusky, OH 44870*

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## **Before First Breath: The Impact of In-utero Alcohol and Drug Use on the Developing Child**

ITNA Code: **983-22**

*Eugene Smiley*

**ERIE COUNTY HEALTH DEPARTMENT**

(3 Credit Hours)

DATE: **Saturday, January 3, 2015**

TIME: **1:00 pm - 4:00 pm**

CONTENT: Alcohol and other chemical substances introduced to the child in-utero can impact important developmental processes, causing lifelong physical and behavioral problems for the child. The long-term effects caused by consumption of these substances can include issues of mental retardation, birth defects, abnormal facial features, problems with the nervous system, vision and hearing problems, behavior issues, and growth problems. This workshop will acquaint the participant with common characteristics of fetal alcohol syndrome, fetal alcohol effect, and exposure to drugs in the womb, and offer practical suggestions on working with these children. A resource list will be provided for participants' continued interest beyond the classroom experience.

*REGISTER ON E-TRACK or call Tina Krueger at 419-626-6781 ext. 6305 ~ 420 Superior St., Sandusky, OH 44870*

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## **Media Violence and Child Delinquency**

ITNA Code: **925-126**

*Anthony President*

**WYANDOT COUNTY**

(6 Credit Hours)

DATE: **Saturday, January 10, 2015**

TIME: **9:00 am - 4:00 pm**

CONTENT: This workshop discusses violent media as one of the risk factors to child delinquency. Discussed are suggestions for caregivers on therapeutic approaches with community-based counselors. We will also explore effective collaboration with teachers on classroom behavior management. Lastly, we will explore tips for caregivers on increasing protective factors in the home and community to help mitigate the long-term effects of violent media exposure.

*REGISTER ON E-TRACK or call Becky Greene at 419-29404977 ext. 257 ~ 120 E. Johnson St., Upper Sandusky, OH 43351*

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## **Healthy Sexual Development of Children and Teens**

ITNA Code: **923-FF5-S**

*Gene Smiley*

**HURON COUNTY**

(6 Credit Hours)

DATE: **Saturday, January 31, 2015**

TIME: **9:00 am - 4:00 pm**

This training will introduce basic concepts of sexual development and introduce the Johnson continuum of childhood sexual behavior. Normal sexual behaviors for children from birth to adolescence will be outlined, along with factors which may influence a child's sexual behaviors. The training will help foster parents know when a child's sexual expression is normative and developmentally appropriate; how to discuss sexual issues with children and adolescents in a way that is consistent with their developmental level; and how to maintain a supportive and safe environment with children and adolescents that encourages healthy sexual development.

*REGISTER ON E-TRACK or call Suzanne Sidell at 419-668-8126 ext. 3224 ~ 185 Shady Lane Dr., Norwalk, OH 44857*

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# February Course Descriptions

## Parenting Teens with Love and Logic

John Ward

HURON COUNTY

DATE: **Saturday, February 7, 2015**

CONTENT: *Love and Logic* is a model of raising and teaching children and teens that allows adults to be happier, empowered, and more skilled in their interactions with youth. *Love* allows youth to grow through their mistakes; while *Logic* allows youth to live with the consequences of their choices. The *Love and Logic* model is a way of working with youth that puts parents back in control, teaches youth to be responsible, and prepares young people to live in the real world, with its many choices and consequences. The *Love and Logic* approach helps children develop and grow in a healthy way, provides them with confidence and dignity, and teaches them how to become more responsible. The possibilities are limitless.

*REGISTER ON E-TRACK or call Suzanne Sidell at 419-668-8126 ext. 3224 ~ 185 Shady Lane Dr., Norwalk, OH 44857*

## Tips and Tricks for Tackling the Tough First Year of Adulthood

John Ward

HURON COUNTY

DATE: **Saturday, February 7, 2015**

CONTENT: All young adults look forward, with both apprehension and excitement, to the long-awaited day when they can strike out on their own. Whether they move to a new apartment or a dorm room, things just won't be the same now that mom or dad won't be there to save the day. This class teaches foster parents to assist young adults with how-tos and hands-on tips and tricks that will help them through the first year of being on their own.

*REGISTER ON E-TRACK or call Suzanne Sidell at 419-668-8126 ext. 3224 ~ 185 Shady Lane Dr., Norwalk, OH 44857*

## Texting, Sexting and the World of Internet

John Ward

ERIE COUNTY

DATE: **Tuesday, February 10, 2015**

CONTENT: They do it while driving, while they walk through the mall, in the classroom while the teacher is looking the other way, and while crossing busy streets. They do it late at night when they're supposed to be in bed. They do it so much their thumbs hurt! The average American teenager sends and receives more than 3,000 text messages per month, not to mention the hours they spend on the computer socializing with their friends. By educating yourself with the digital technology of today's teen, you can learn to equip your children and assist them in being safe and responsible in a world where nothing is ever private.

*REGISTER ON E-TRACK or call Tina Krueger at 419-626-6781 ext. 6305 ~ 221 W. Parish Street, Sandusky, OH 44870*

# March Course Descriptions

## Living with the RAD Child

John Ward

WYANDOT COUNTY

DATE: **Saturday, March 7, 2015**

CONTENT: Living with a child who has been diagnosed with Reactive Attachment Disorder (RAD) can be quite challenging. Participants will learn practical methods of parenting children with RAD to help them develop three important core values of how to be: ▶ Respectful ▶ Responsible ▶ Enjoyable

Discover tools and techniques for helping foster parents maintain their sanity while bringing healing to these children in a loving and practical way.

*REGISTER ON E-TRACK or call Becky Greene at 419-29404977 ext. 257 ~ 120 E. Johnson St., Upper Sandusky, OH 43351*

## Overview of Hoarding Behaviors: Buried Beyond Belief

Brian Bethel

**HURON COUNTY**

ITNA Code: **995-77**

(6 Credit Hours)

DATE: **Tuesday, March 17, 2015**

TIME: **9:00 am - 4:00 pm**

CONTENT: This training will provide an overview of the varying types of hoarding and the therapeutic approaches for working with adults and children who engage in hoarding behaviors. Specific therapeutic techniques will be demonstrated. This presentation will also highlight the potential risk of hoarding behavior for all persons within the family unit.

*REGISTER ON E-TRACK or call Suzanne Sidell at 419-668-8126 ext. 3224 ~ 185 Shady Lane Dr., Norwalk, OH 44857*

## Pre-Service Orientation Schedule for other NWORTC Counties

Huron	February 1	PS-1	6pm-9pm		
	February 21	PS-2	9am-12pm	PS-3	1pm-4pm
	February 24	PS-4	6pm-9pm	TO REGISTER call Susie Sidell 419-663-5437 X3221	
	February 25	PS-5	6pm-9pm		
	March 2	PS-6	6pm-9pm		
	March 3	PS-7	6pm-9pm		
	March 11	PS-8	6pm-9pm		
	March 16	PS-9	6pm-9pm		
	March 17	PS-10	6pm-9pm		
	March 20	PS-11	6pm-9pm		
	March 23	PS-12	6pm-9pm		



<b>Defiance</b>	<b>March 14</b>	<b>PS-1</b>	9am-12pm	<b>PS-2</b>	1pm-4pm	<b>TO REGISTER</b> call <b>Mindy Martin</b> at <b>419-636-6725</b> <b>X240</b>
	<b>March 21</b>	<b>PS-3</b>	9am-12pm	<b>PS-4</b>	1pm-4pm	
	<b>March 28</b>	<b>PS-5</b>	9am-12pm	<b>PS-6</b>	1pm-4pm	
	<b>April 11</b>	<b>PS-7</b>	9am-12pm	<b>PS-8</b>	1pm-4pm	
	<b>April 18</b>	<b>PS-9</b>	9am-12pm	<b>PS-10</b>	1pm-4pm	
	<b>April 25</b>	<b>PS-11</b>	9am-12pm	<b>PS-12</b>	1pm-4pm	

# Online Training Resources

## FOSTER PARENT COLLEGE:

In addition to our traditional classroom training, caregivers have access to free online training for foster parents, adoptive, and kinship caregivers. The trainings offered are either 2-hour "self-directed" courses or 4-hour "instructor-led" courses. Topics include, but are not limited to lying, stealing, sexualized behaviors, running away and self-harm.



Caregivers interested in accessing these online workshops can call **Miriam Lewis** at:

**419-213-3505**

Please provide your name, address, phone number, and email address.

## Other online Training Sites approved through NWORTC...

### FOSTER PARENT CLUB:

[www.fosterclub.com](http://www.fosterclub.com) – This site is designed to offer free training for the Foster Care Adoptive Community in a convenient manner that fits your own schedule.

### FOSTER CARE & ADOPTIVE COMMUNITY:

[www.fosterparent.com](http://www.fosterparent.com) – FCAC offers 144 courses, often with new topics. A fee ranging from \$5.95-\$9.95 is charged for each course.

**NOTE:** If you have difficulty finding classroom or online training opportunities which meet your training needs, please contact **Rebecca Battles**

**419-213-3447**

# Directions To:

## Lucas County Children Services Conference & Training Center

711 Adams Street  
Toledo, Ohio 43604

### From The North:



- ↳ Take I-75 South
  - ↳ Exit 202A onto Washington
  - ↳ Turn Left on Ontario
  - ↳ Turn Right off Ontario into the parking garage

### From The South:

- ↳ Take I-75 North toward Toledo/Detroit
  - ↳ Exit 201B onto Erie Street
  - ↳ Take Erie Street to Madison Avenue
  - ↳ Turn Left on Madison - go one block to Ontario
  - ↳ Turn Right on Ontario Street
  - ↳ Turn Right off Ontario into the parking garage

